



**Castlemaine District
Community Health**
Facilitating Better Health

Tai Chi at the Phee

Lunchtime Tai Chi Demonstrations and teaching led by
Castlemaine District Community Health Tai Chi Instructors



Midday on:
Tues 9th Oct
Wed 17th Oct
Thurs 25th Oct

in the **Castlemaine
Phee Broadway
Foyer (near library)**

Come and join
this wonderful
“Moving Meditation”
form of exercise.

ALL WELCOME

Phone Janine Truscott 5479 1000 for more information.

www.cdchcastlemaine.com.au